

Local Wellness Policy Triennial Assessment

Schools participating in the National School Lunch Program and/or School Breakfast Program are required to have a Local Wellness Policy. At a minimum, the Local Wellness Policy must be assessed once every three years; this is referred to as the Triennial Assessment. Triennial assessments must determine, for each participating school under its jurisdiction, 1) compliance with the wellness policy, 2) progress made in attaining the goals of the wellness policy, and 3) how the wellness policy compares to model wellness policies.

District Name: Rantoul City Schools #137

School Name: Northview Elementary

Date Completed: 9/27/24

Completed by: Wellness Committee

Part I: Content Checklist

Below is a list of items that must be addressed in Local Wellness Policies, based on U.S. Department of Agriculture (USDA) guidance. Check the box for each item included in your Local Wellness Policy. For any box that is not checked, consider taking steps to add the item(s) to the policy in the future. For more information, see [ISBE's Local Wellness Policy Content Checklist](#).

Goals for Nutrition Education
"Goals for Nutrition Education and Nutrition Promotion"

Nutrition Standards for School Meals
"Nutrition Guidelines for Foods Available During the School Day"

Wellness Leadership
"Community Input"

Goals for Nutrition Promotion
"Goals for Nutrition Education and Nutrition Promotion"

Nutrition Standards for Competitive Foods

Public Involvement
"Community Input"

Goals for Physical Activity Assessments
"Goals for Physical Activity"

Standards for All Foods/Beverages

Triennial

Provided, but Not Sold

Annual assessment under
"Monitoring"

Goals for Other School-Based

Food & Beverage Marketing

Reporting

Wellness Activities

“Monitoring”

Part II: Goal Assessment

Input the goals of your Local Wellness Policy into the table below for the corresponding areas: Nutrition Education, Nutrition Promotion, Physical Activity, and Other School-Based Wellness Activities. Indicate if the school is meeting, partially meeting, or not meeting each goal listed. Include any next steps in attaining the goal(s), if applicable. Table rows may be added for additional goals.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Education				
Schools will support and promote sound nutrition for students.		X		Would like to see more nutritious items with less sugar
Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.		X		More resources for classrooms
Nutrition education will be part of the District’s comprehensive health education curriculum.		X		Explore cross-curricular resources

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Schools will support and promote sound nutrition for students.		X		<i>Same as above</i>
Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.		X		
Nutrition education will be part of the District’s comprehensive health education curriculum.		X		

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Schools will support and promote an active lifestyle for students.	X			
Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.	X			
During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted.	X			
The curriculum will be consistent with and incorporate relevant <i>Illinois Learning Standards for Physical Development and Health</i> as established by the ISBE.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
No current goals - Add to our district policy				

Part III: Model Policy Comparison

Indicate the Model Wellness Policy used for comparison against your Local Wellness Policy. Provide a narrative for each prompt below based on the findings.

Alliance for a Healthier Generation's Model Wellness Policy

Rudd Center's WellSAT 3.0

Other: Model Local School Wellness Policy (Policy Guidance) - Alliance for a Healthier Generation

1. What strengths does your current Local Wellness Policy possess?

Our current Local Wellness Policy has goals for most of the content checklist. The policy is aligned to the Illinois Learning Standards for Physical Development and Health and promotes physical activity, working cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. The policy incorporates nutrition education as part of the District's comprehensive health education curriculum.

2. What improvements could be made to your Local Wellness Policy?

Our Local Wellness Policy could be improved by adding guidance and/or goals to categories missing on the Local Wellness Policy Content Checklist (Nutrition Standards for Competitive Foods, Standards for All Foods/Beverages Provided, but not Sold, Goals for Other School-Based Wellness Activities, and Food & Beverage Marketing). The committee would like to see a commitment in the policy to making improvements in the items being offered during breakfast, with more hot breakfast foods with protein and fresh fruits. The committee would also like to see water offered with meals by providing cups.

3. List any next steps that can be taken to make the changes discussed above.

-Add to "Goals for Nutrition Education"

- Nutrition and physical activity education are integrated into classroom subjects such as math, science, language arts, social studies and art

-Add to "Nutrition Standards"

- the district will promote healthy food and beverages choices using the following marketing and merchandising techniques:
 - make sliced or cut fruit available daily
 - bundle daily vegetable options into all grab-and-go meals available to children

-Add to "Goals for Physical Activity"

- The district prohibits the use or withholding of physical activity (including recess) as a punishment **during the school day** and **during out-of-school time/and before and after school**.
- The district requires that physical activity opportunities be adapted in order to make them accessible to students with disabilities.

-Add "Nutrition Standards for Competitive Foods"

The district requires that all foods and beverages **sold** outside of the school meal programs **during the school day** will, at a minimum, meet Smart Snacks.

-Add "Standards for All Foods/Beverages Provided, but not Sold"

(Celebrations and Rewards) The district requires that all foods and beverages served and offered on the school campus outside of the school meal programs **during the school day** will, at a minimum, meet Smart Snacks. The district will make available for caregivers and all school and school based OST staff:

- a list of foods and beverages that meet Smart Snacks
- A list of healthy and non-food rewards

-Add "Goals for Other School-Based Wellness Activities"

- The district will provide numerous opportunities to educate students about healthy habits.
- The district will integrate wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.

-Add **“Food and Beverage Marketing”**

All foods and beverages **marketed** to students on the school campus **during the school day** will meet or exceed Smart Snacks.

Wellness Committee Agenda

Date: 9/26/24

Present: Brenda Scudder (Head Cook), Stephanie Coons (Nurse), Jackie Huntley (Assistant Principal), Sam Norton (P.E. Teacher), Catie Parrott (Classroom Teacher), Jennifer Tucker (Parent)

Topic: Review of Local Wellness Policy Triennial Assessment

Team members reviewed district policy before the meeting and assigned designations to each goal. The team then discussed designations and made an overall selection (below).	
Part II: Goal Assessment Discussion	<ul style="list-style-type: none">● The team agreed that we are <u>partially meeting</u> goals for "Nutrition Education" and "Nutrition Promotion."<ul style="list-style-type: none">○ The team would like to:<ul style="list-style-type: none">■ add more nutritious items with less sugar to our daily menus■ increase the relationship between sound nutrition and physical activity in the classrooms■ and explore resources to make health education cross-curricular● The team agreed that we are <u>meeting</u> the goals for "Physical Activity."<ul style="list-style-type: none">○ The team emphasized the following:<ul style="list-style-type: none">■ Running club in the mornings 3x/week■ 30 min. Daily recess■ P.E. 1-2 times/week (Superintendent wrote a waiver exempting from every day P.E.)● The team agreed that we should add a goals section to our district policy for "Other School-Based Wellness Activities"
Part III:	<ul style="list-style-type: none">● Review Model Wellness Policy● Highlight policy language to add to our district policy